

Meditation on Psalm 121

by Dr. Doug Resler

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In my time with the Lord last evening, I spent time praying through the words of *Psalm 121*. *"I lift my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber. Behold, he who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore."* As I prayed, I imagined myself sitting up at the crosses on the hillside looking out over the front range on a clear day like today. I thought about how often I take for granted the sheer majesty and beauty of our state. How often I make the false assumption that my life is as permanent as the mountains themselves. As I imagined myself sitting there at the fire pit, I felt the Lord lift my eyes above the mountains. Back onto the cross standing in front of me. Back onto Jesus who gave His life for me.

You know, Jesus never promises this life will be easy. He never promises life will be permanent. He never promises to protect our wealth and possessions and American way of life. He simply promises to be with us no matter what. I could lose my job. I could lose my health. I could lose my retirement. I could lose my home. I could lose my business. I could lose those I love. I could lose any number of things that I tend to cling to in my own strength. But I will never lose Jesus because Jesus will never let go of me. He will not let my foot be moved and His eyes are always on me. Christ is my keeper. Christ is my shade on my right hand. Christ is the one who protects me from the heat of the sun and darkness of night. Christ keeps my life now and forevermore.

So much is changing. Every day seems to bring new revelations. New restrictions. New fears. New anxieties. The longer the quarantine, the more it threatens our economy. The shorter the quarantine, the more it threatens our health. It feels like we're in a "no win" situation. Like we're stuck between a rock and a hard place. But the people of God have faced these situations before. Think of Joseph in the Old Testament who predicted seven years of plenty followed by seven years of famine for the nation of Egypt. Or consider the Apostle Paul's words to the Philippians, "I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me." No matter how dire the situation, the people of God have always lifted their eyes above the hills. Above the things of this earth. Above the reality of their own situation. Above the specifics of their circumstances. And fixed their eyes on Christ.

Friends, we are not helpless. We are not at the mercy of things beyond our control. We have been given a spirit of power. A spirit of authority. A spirit of self-discipline. God's Spirit is bearing fruit even now in our lives. So let me encourage you as I did yesterday. Be intentional. Be wise. Be humble. Take advantage of this cultural moment to rest. To be renewed and restored. We've been given the gift of time so let's make sure to use the time well. Second, pray. Pray fervently. Pray regularly. Pray biblically. If you don't know how to pray or what to pray, open the Psalms. Simply read the words aloud to yourself. Start with Psalm 121 or Psalm 23. Reflect on the goodness and faithfulness of God. Pray for our leaders. Pray for our nation. Pray for the world. Pray for those who are sick. Pray for those who are struggling financially. May this time be marked by a rising tide of intercessory prayer by God's people for the world! Third, spread the peace of Christ. So many people are afraid. So many people are anxious. So many people do not know where to turn. Make sure to point them to Christ. Invite them to place their trust in Christ. One of the things I am praying for is that this season would yield an incredible harvest of new believers!